

ABSTRACT

Title:

Influence of Senior Citizens' Active Lifestyle on Their Mental Condition

Aim of the thesis:

The main aim of the thesis is to assess, on the basis of a survey, whether there is a connection between quantity of physical activity and depression in senior citizens.

Senior age brings various limitations and problems. Among them there are mental problems, primarily depressions. There is a question whether the problem can be influenced, namely by physical activity. If yes, by what quantity of physical activity.

Methods:

The bachelor thesis is solved by the form of a survey done in Prague. On the basis of one survey I inquired what quantity of physical activity the respondents had per week. I classified it on the scale from 1 to 3. Using another standardized survey I inquired what level of depression the senior citizens suffered. I classified the results on the scale of 1 - 15. I compared the data and drew conclusions.

Results:

The thesis led to the result that active lifestyle has significant influence on mental health of senior citizens. 47% of respondents did not state any physical activity, on the average their depression ranges on the limit between medium and serious depression. The more physical activity the senior citizens state, the more their average depression reduces; in very active senior citizens (20% of the respondents) the level of depression ranges between no depression and very mild depression.

Keywords:

Active lifestyle, senior citizen, physical activity, geriatric depressions.